



# ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

SEPTEMBER 2022 315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688

## The ADRC of Monroe County Transportation Program

**Pam Weber**  
ADRC of Monroe County Manager



Over the past two years all of us have been affected by the pandemic. Many have been ill or have had loved ones who have become ill. Sadly, some have passed away and the loss will be with us always. We've been isolated from each other while experiencing grief and loss and times have been challenging. At times, we've been without needed essentials (remember the toilet paper scare in 2020!) and manufacturing has taken a hit.

**Julie Leis**  
Monroe County Transportation

Unfortunately, the ADRC of Monroe County Transportation Program was also not immune to the effects of the pandemic. Every year we apply for a DOT grant to purchase a wheelchair accessible vehicle used to transport folks to medical appointments. The vehicles are used to replace our aging fleet so that we can continue to provide the most cost effective transportation service. For the past three years we have not received the awarded vehicles due to production issues related to COVID 19. Needless to say, this has resulted in our continuing to rely on our aging fleet whose maintenance costs have been insurmountable. We are again in the process of applying for the grant. While we don't know what the future holds, we are hopeful, after 3 years of not receiving a vehicle through the grant, that we will receive one in 2023! Fingers (and toes) are crossed!

Fortunately we were able to self-procure, with DOT funds, a new 2022 Ambulette that we received in July of this year! The vehicle has been a hit with our drivers and customers alike. It allows space for most of our drivers to stand tall while securing wheelchairs. It has a lift that can support 600 pounds and a back-up camera for safety. Our riders feel secure and comfortable while being transported to their



destination and we don't have to worry about costly repairs. Pictured here is our Fulltime Driver Tom Abbott with a regular passenger

Vern Hegenbart. Vern enjoyed his first ride in the Ambulette so much he asked for a picture. We were more than happy to oblige!

# Caring for YOUR Nutrition



**Patti Abbott**  
Nutrition Program  
Coordinator

**Are you a family caregiver?** You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day.<sup>1</sup> That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnu-

trition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals.

## Ways you can add protein to your day include:

- At meals, eat your protein first
- Snack on cheese
- Replace cereal with eggs
- Top your food with chopped almonds

- Choose Greek yogurt
- Have a protein shake
- Eat low/no fat dairy products
- Include a high-protein food like fish, chicken, beef, eggs with every meal
- Pair peanut butter or yogurt with fruit
- Try a variety of plant proteins like nuts, peanut butter, beans and tofu
- Drink a liquid supplement like Ensure or Glucerna

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, review this National Institute on Aging resource, here <https://order.nia.nih.gov/sites/default/files/2019-05/whats-on-your-plate-508.pdf> or consult your health-care provider, contact a dietitian, you can find one in your area here [https://www.eat-right.org/find-a-nutrition-expert?rdType=url\\_edit&rdProj=fane\\_update&rdInfo=fae](https://www.eat-right.org/find-a-nutrition-expert?rdType=url_edit&rdProj=fane_update&rdInfo=fae) or go to reliable websites like the Academy of Nutrition and Dietetics, US Department of Agriculture and the National Council on Aging.

This message is part of ACL's focus on malnutrition.

## SeniorCare Now Covers Vaccines at Pharmacies

Vaccines that you get at a pharmacy are now covered under SeniorCare.

SeniorCare will not cover vaccines that you get at a doctor's office or clinic.

You will not need a prescription for vaccines. You will not have out-of-pocket costs for vaccines given at pharmacies.

### COVERED VACCINES

SeniorCare covers these vaccines when you get them at a pharmacy:

- Chickenpox/shingles
- COVID-19
- Flu
- Hepatitis A and B
- Meningitis

- Pneumonia
- Tdap (Tetanus, Diphtheria, Pertussis)

Ask your pharmacy about available vaccines and how to schedule an appointment. Bring your SeniorCare card to your appointment.

SeniorCare will only cover vaccines that are recommended for adults ages 65 and older by the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices and that are given by a pharmacist who has completed the required training in vaccine administration.

### OTHER HEALTH INSURANCE

Remember that you must use other health insurance that you have before using SeniorCare.

### YOUR OUT-OF-POCKET COSTS FOR SENIORCARE

You will not have out-of-pocket costs for vaccines that are covered by SeniorCare at a pharmacy.

Your out-of-pocket costs (that is, the amount you pay) for other prescription drugs covered by SeniorCare remains the same.

### FOR MORE INFORMATION

If you have any questions about this change, please call the SeniorCare Customer Service Hotline at 800-657-2038, Monday through Friday, from 8 a.m. to 6 p.m.

# Fall-Proofing Your Home

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

## IN STAIRWAYS, HALLWAYS, AND PATHWAYS

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

## IN BATHROOMS AND POWDER ROOMS

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all

surfaces that may get wet.

- Remember to turn on night lights.

## IN YOUR BEDROOM

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

## IN OTHER LIVING AREAS

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" instead or ask for help. Reach sticks

are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.

- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.
- If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home's safety and advise you about making changes to prevent falls.

## YOUR OWN MEDICAL ALARM

- If you're concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it is not usually covered by insurance.

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

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## Sparta PALS Exercise Class Starting Soon



Kellee Tourdot

The Sparta PALS exercise class PALS (Physical Activity for Lifelong Success) will be (possibly) starting at the Barney Center in September 2022. Even if you have already signed up, please contact Kellee Tourdot again so she can get you the needed paperwork prior to the start date. Call Kellee at 269-8655

# HAPPY LABOR DAY

Summer's final fling has arrived in the form of Labor Day. Yes, most of us get the day off, but this holiday triggers mixed emotions. While summer still has 21 calendar days left, it's time to get serious. School's starting and there's a sense that summer vacation is over.



*HAPPY Grandparents Day*

On the first Sunday after Labor Day we celebrate National Grandparents Day. This year the date falls on September 11. Like Mother's day and Father's day we also have a whole day dedicated to our grandparents. Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality family time together.

# BINGO

Club Members from the Boys and Girls Club Mentoring Matters program, hung out at the ADRC of Monroe County Senior Dining site in Sparta, to have lunch and play Bingo with some kind folks who were dining there on Tuesday September 2nd! There were prizes won and laughs shared and I think it is safe to say a good time was had by all! The ADRC looks forward to partnering together with the Boys and Girls Club again next summer!



# You Fought for It You Earned It Now Use it

**Sept. 14 - 6:00 P.M.**  
**Kendall American Legion**

Are you a veteran or the spouse of a veteran with questions about health care when you retire?



**Alice Ackerman**  
Elder Benefit Specialist

Monroe County employees Charles Weaver, County Veteran Service Officer and Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be hosting a special meeting on Wednesday, Sept. 14 at 6:00 at the Kendall American Legion, 414 Medbury St. Kendall. They will be going over VA Disability benefits offered by the VA for military veterans

and or their families and how they coordinate with Medicare. In addition, they will discuss how Medicare works for veterans who retired from the military.

Topics will include the differences in benefits for the veterans and their spouses as well as what costs TRICARE or CHAMPVA may pay for vs Medicare and if you need to have all parts of Medicare to receive health care.

For more information, please contact the Veterans Services office at 608-269-8618 or Alice Ackerman at 608-269-8693 or toll free at 1-888-339-7854. Reservations are requested but not required.



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## Aging Mastery Program® – September 2022

The gift of time, what will you do with it? The Aging Mastery Program® (AMP), developed by the National Council on Aging is a nationwide program whose core philosophy believes modest lifestyle changes can produce big results, leading to improved health, stronger economic security, and overall well-being.

UW-Madison Division of Extension in partnership with Monroe County ADRC are excited to offer AMP to residents 55 and over.

The 5-week virtual program covers Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention and Community Engagement.

This program is being offered for FREE (\$290 value). Classes to be held using Zoom Videoconferencing – Zoom training available.

**Date:** Mondays & Wednesdays in September, beginning September 26th, 2022 and ending October 26th, 2022.

**Time:** 1:00 p.m. - 2:00 p.m.

Limited spots available. REGISTER TODAY!

For more information or to register, call (608) 269-8722 and ask for April Anderson or email April at april.anderson@wisc.edu.

## Friday September 23rd Vintage Vagabond

Join the ADRC of Monroe County as we take a step back in time to visit the Village Shops at Down a Country Road. We will arrive there at 1 pm so you can enjoy shopping at their unique, one of a kind stores, including an ice cream parlor! After about one hour we will leave from the shops to take a tour of Amish Country, stopping at two Amish farms. We will end the day at Badger Crossing pub and eatery at 4:30 for an early supper, offering you a choice of Fish or Chicken. Meal includes coffee, salad bar, dessert and gratuity.



Cost of \$70 includes the tour, dinner and transportation. Payment must be made by September 9th to reserve your spot. Call the ADRC at 608-269-8690 to make your reservation.

# Puzzle Page – Engage Your Brain!

Whether it's a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain improve a number of skills.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  |    | 4  | 5  | 6  | 7  | 8  |    | 9  | 10 | 11 | 12 | 13 |
| 14 |    |    |    | 15 |    |    |    |    |    | 16 |    |    |    |    |
| 17 |    |    |    | 18 |    |    |    |    |    | 19 |    |    |    |    |
| 20 |    |    | 21 |    |    |    |    | 22 |    |    |    |    |    |    |
| 23 |    |    |    |    |    | 24 | 25 |    |    |    |    |    | 26 | 27 |
|    |    | 28 |    |    |    | 29 |    |    |    | 30 |    |    |    |    |
| 31 | 32 |    |    |    |    | 33 |    | 34 | 35 | 36 |    |    | 37 |    |
| 38 |    |    |    | 39 | 40 |    |    |    |    |    |    | 41 |    |    |
| 42 |    |    |    | 43 |    |    |    |    |    | 44 | 45 |    |    |    |
| 46 |    | 47 | 48 |    |    |    |    | 49 |    |    | 50 |    |    |    |
| 51 |    |    |    | 52 | 53 | 54 |    |    |    | 55 |    |    | 56 | 57 |
|    |    | 58 |    |    |    |    |    |    |    | 59 |    |    |    |    |
| 60 | 61 |    |    |    |    |    |    | 62 | 63 |    |    |    | 64 |    |
| 65 |    |    |    |    |    | 66 |    |    |    |    |    |    | 67 |    |
| 68 |    |    |    |    |    | 69 |    |    |    |    |    |    | 70 |    |

**CLUES ACROSS**

- 1. One point north of due west
- 4. Indigenous peoples of northern Scandinavia
- 9. Popular California/Nevada lake
- 14. Go quickly
- 15. Fatty acid in soaps
- 16. Brand of fuel stations
- 17. State of fuss
- 18. Romance novelist
- 20. Members of a household
- 22. Asserts to be the case
- 23. Type of infection
- 24. With metal inlays
- 28. Chinese philosophic principle
- 29. Early multimedia
- 30. Employee stock ownership plan
- 31. He investigated Clinton administration
- 33. Shells
- 37. Six
- 38. Snakelike fish
- 39. Capital of Kenya
- 41. Influential group (abbr.)
- 42. Used to chop
- 43. It comes as a case
- 44. Challenges
- 46. Small amounts
- 49. The Golden State

**CLUES DOWN**

- 1. Hits
- 2. Bathroom accessory
- 3. Young
- 4. Beef cattles
- 5. It's often in soap
- 6. For each
- 7. Innermost membrane enveloping the brain
- 8. A way to leave
- 9. Emaciation
- 10. Punish with a fine
- 11. Steeds
- 12. Having eight
- 13. Greek goddess of the dawn
- 19. Mature reproductive cells
- 21. Armadillo species

**CLUES ACROSS**

- 24. Ancient country in what is now Romania
- 25. Extreme greed
- 26. Stars
- 27. Poems
- 31. Places to sit
- 32. One from the Lone Star State
- 34. Small rails
- 35. One quintillion bytes (abbr.)
- 36. Where coaches work
- 40. Indicates position
- 41. Mammals
- 45. Resembling a wing
- 47. Beliefs
- 48. Hindu male religious teachers
- 52. Mischievously
- 53. Where athletes want to end up (abbr.)
- 54. Large, deep-bodied fish
- 56. Horned squash bug genus
- 57. Excessively sentimental
- 59. Shared verbally
- 60. You can put it on toast
- 61. Data mining methodology (abbr.)
- 62. Resinlike substance secreted by certain insects
- 63. Mauna \_\_, Hawaiian volcano

## SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 |   |   | 9 |   | 2 |   |   |
|   |   |   |   |   |   | 3 |   |   |
| 1 |   |   | 4 | 2 |   |   |   | 8 |
|   |   |   | 1 |   |   | 5 |   |   |
|   |   |   |   |   | 4 |   |   | 9 |
| 2 |   | 7 |   |   |   |   |   |   |
|   | 2 |   |   |   |   | 6 | 7 | 3 |
|   | 3 |   | 7 |   | 9 | 4 |   | 5 |
|   |   |   |   | 5 |   |   |   |   |

Level: Intermediate

**FUN BY THE NUMBERS**

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

**HERE'S HOW IT WORKS:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

## SOLUTION

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 8 | 2 | 5 | 3 | 9 | 4 | 7 |
| 5 | 2 | 4 | 6 | 9 | 7 | 1 | 3 | 8 |
| 3 | 7 | 1 | 4 | 8 | 6 | 2 | 9 | 5 |
| 4 | 9 | 5 | 1 | 3 | 6 | 7 | 8 | 2 |
| 6 | 3 | 9 | 8 | 4 | 2 | 5 | 1 | 7 |
| 2 | 8 | 5 | 6 | 7 | 1 | 4 | 9 | 3 |
| 8 | 5 | 9 | 7 | 2 | 4 | 3 | 6 | 1 |
| 7 | 4 | 3 | 8 | 1 | 6 | 2 | 5 | 9 |
| 9 | 1 | 6 | 3 | 2 | 1 | 8 | 7 | 4 |

## CROSSWORD SOLUTION

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | A | S |   | S | D | V | C | S |   | Y | S | S | V | M |
| P | S | E |   | E | L | O | A | H |   | L | I | A | V | A |
| P | A | T |   | N | O | L | L | A | F | Y | M | M | I | J |
| A | N | A | R | I | T |   |   | P | O | L | V | G |   |   |
| S | A | W | A | L |   | S | E | O | H | S | M | O | N | S |
|   |   | I | L | E |   | V | C |   |   | S | D | V | A | T |
| S | E | R | A | D |   | R | I | A | V | T | S |   |   | X |
| C | V | P |   | I | B | O | R | I | A | N |   | L | E | E |
| I | V |   |   | S | E | S | A | C |   | R | R | A | T | S |
| P | O | S | E |   |   | V | A |   |   | O | V | T |   |   |
| E | N | E | C | S | A | M | A | D |   | H | P | A | T | S |
|   |   | S | R | E | V | A |   |   |   | E | G | A | N | E |
| S | T | R | E | B | O | R | A | R | O | N |   | O | D | A |
| O | C | O | M | A |   | C | I | E | L | O |   |   | I | H |
| E | O | H | A | T |   | S | P | P | A | L |   | N | B | W |

# MEMORY CAFE

A memory café is a welcoming, safe, and supportive place for people living with Alzheimer’s disease or other form of dementia and their care partners. Food and beverages will be provided.

**THE FIRST FRIDAY OF EACH MONTH BEGINNING SEPTEMBER 2ND, 2022**

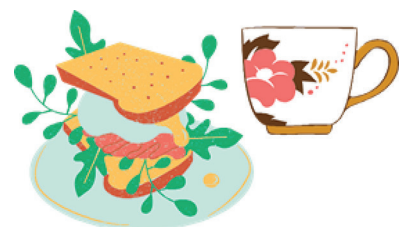
**11:00 AM - 12:30 PM**

Join us for a meal, socialization and a facilitated activity at the *Tomah Perkins, 1015 E Mc Coy Blvd*

Space is limited so please register with *Emily Reitz, DCS at the ADRC of Monroe County 608-269-8968.*



**Emily Reitz**  
DCS



## Vintage Vagabond’s October trip is all about the BERRY...

Cranberry that is! Join us October 13 on a tour to the Warrens area, in the heart of cranberry country, to learn all about the nation’s largest producer of these berries.

**Tour includes:**

- Lunch at Cranberry Cafe located in the Cranberry Discovery Center (Choice of Cranberry BBQ pulled pork sandwich or Cranberry chicken salad on cranberry-rice bread)
- Guided tour of the Cranberry Discovery Center Museum
- Browse thru the gift shop
- Guided tour of the Wetherby Cranberry Company marsh and processing facility with opportunity to buy locally produced cranberry products

**Cost for trip: \$60** (Includes transportation, meal, and tours). Payment must be made by September 29th to reserve your spot. Note: Watch the weather for that date, keeping in mind some of the marsh tour will be outdoors so dress accordingly. Join us for a “BERRY” good time!



AGING AND DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 W Oak St., Suite A  
Sparta

## DEMENTIA CAREGIVER SUPPORT GROUP

Friday, September 16th, 2022

1:00 P.M. - 2:00 P.M.

Conference Room A

HAVE ANY QUESTIONS?

- Emily Reitz
- [emily.reitz@co.monroe.wi.us](mailto:emily.reitz@co.monroe.wi.us)
- 608-387-9250



## Powerful Tools FOR Caregivers



### ***I don't think of myself as a caregiver.***

*I'm her husband. She needs me.  
And because she needs me,  
I know I need to take care of myself.  
Powerful tools helped me do that.*

## There's a Powerful Tools for Caregivers workshop starting soon near you!

### Monroe County Sessions

presented by Emily Reitz and Becky Woodke

**September 6th - October 11th, 2022**

**Tuesdays • 2:30 p.m. - 4:00 p.m.**

For the safety of our participants Program is Virtual via Zoom

**To Register** call Emily Reitz, DCS at **(608) 387-9250**

## Caregiving is rewarding.

### But it can be challenging too.

Caring for someone with an injury or illness – such as dementia, cancer, heart disease, Parkinson's disease, stroke or others – can be physically, emotionally and financially demanding.

### Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

### What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on your well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

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